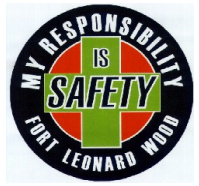


# Safety Alert 06-08

## Jogging, PT, Bicycling Safety

5 June 2006



**There is an ever increasing number of reports of personnel failing to follow prescribed regulations while jogging, bicycling, or performing PT. Request all leaders brief the contents of this safety alert with all unit personnel.**

**PEDESTRIANS and JOGGERS** (see Para 2-10, FLW Regulation 190-5, *Motor Vehicle Traffic Supervision on Fort Leonard Wood*, dated 13 April 2006,):

- Utilize sidewalks where available. If not available, walk on the left side facing oncoming traffic.
- Joggers will use left side of the roadway and run in single file facing and yielding to oncoming traffic.
- Use of headphones when walking, standing, or jogging on roadways is prohibited.

**BICYCLISTS** (See Para 2-8, FLW Regulation 190-5, *Motor Vehicle Traffic Supervision on Fort Leonard Wood*, dated 13 April 2006 :

- Wear approved DOT helmet.
- Ride as far to the right as possible. Be careful when passing a stopped vehicle or a vehicle going in the same direction.
- Do not ride a bicycle while using a cell phone or headphones..
- Bicyclists will not ride more than two abreast on a roadway.

**PT FORMATIONS** (See FLW Reg 385-4, *Soldier Movement on Foot*, dated 14 January 2002):

- Risk Management Worksheets must be prepared for each movement.
- PT runs in formation are considered marching troop formations and all rules apply.
- Ensure road guards and safety personnel are properly selected and briefed on their duties.
- Provide and use proper safety equipment (flashlights, reflective vests, etc.) to all formations.
- As a minimum, all personnel marching to the left side of a formation will wear a reflective arm band on the left sleeve or a reflective vest.
- Trail vehicles will be used for all bivouac training periods and training marches conducted outside the cantonment area.

**MANSCEN SAFETY OFFICE**